



# Capital City Capers



Member Club  
of the  
I. A. G. S. D. C.

The News Organ of the Capital City Squares

## Who'd a Thunk It? 42 New Dancers!

The recruiting efforts of members of Capital City Squares this past summer have certainly paid off. The New Members Hoedown held in August garnered 26 new members, and it must have been word of mouth that has swelled the ranks of the Beginners Class to 42 in the first 3 weeks of class. We can all feel proud of Karl Murray, the Beginners Class instructor/caller, and of ourselves for providing a fun and inviting atmosphere for the new class. But we already knew that we were a great bunch of gals and guys. The large new class can only make us better, if we keep up the good work.

However, our job is not over. We have recruited a large new class. Now our job is to keep them. It will be the responsibility of older (in experience square dancing, not age) members to keep welcoming and assisting our new class members as they learn the Basic and Mainstream level steps. We have to remember that we were once new dancers and to help them just as we were helped.

The new class members also have a responsibility and that is to have patience, patience with Capital City Squares and patience with themselves. They need to be patient with the Board in its attempts to deal with the problems that such a large class inevitably creates. Last week's class session at Joseph's Town and Country Inn is a good example of the forbearance the new class will have to exercise when the board is just trying to find a place for 7 squares to dance. Potlucks will also pose problems for the club. A potluck dance party in a member's home for 20-30 people was the norm for our club in the past. A potluck dance party for 50-60 or more will be quite daunting. New class members will have to be patient when the Board fumbles occasionally while trying to accommodate such a large group.

But more importantly, new class members must be patient with themselves. They must not give in to the inevitable frustrations that occur when learning new steps and dancing them in combinations with other

steps. They should do their best and not give up. Older members of the club will help them get through. New members should not get lost in the crowd. If they have problems, they should speak up. We all want you to succeed. Our fun depends on it.

The existence of such a large new class provides Capital City Squares with challenges but also offers the club opportunities for growth and development. Both the challenges and the opportunities should be exciting!

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### CRIMINY!!!

What I mean is, it's absolutely great to see so many people at the class nights. As of the latest count, we have forty-two new class members for this year's beginning class!! After this last, the fourth session, we seem to have kept the interest of just about all of you. It was especially exciting to see all the folks at Joseph's — considering the fact that it's not our usual place and that we had to scrunch up on the patio/balcony, I was very happy to see it so well attended, with everyone enthusiastically dancing so close together (or were there a few ulterior motives in that?). As usual, I seemed to have spent most of my time 'n' energy running around and sucking up wet spots (uh, there was a big puddle from last week's rain and I had to use the wet-vac ...). As we first started to get organized, it was necessary to remove the tables and chairs: someone (WHO?) made the comment that it was just like a bunch of queens to rearrange the furniture first thing. Anyway, it did go very well, once we got going. My personal thanks to each and every one of you who pitched

right in to help set up to dance and to put all the stuff back when we were done. (You may not have noticed, but the place was neater when we left than when we got there ....) Anyway, it was great to have everyone there last week; keep on keepin' on — it only gets better; you'll see.

We had our board meeting this last week and got some things going for the year — we even managed to get a general "outline" of the season, including events, hoe-downs, and a few of the potlucks (on this last, we are always looking for places to have a potluck — any homes (with this group, it would have to be fairly good sized), recreation centers (for those living in "planned communities" that have such available), and that sort of thing). Do remember that we like to dance at our potlucks, so there has to be some open (well, ok, we'll "rearrange the furniture" as needed) space, and kitchen use as well — we like to EAT at our potlucks, too .... We've set up three hoedowns for the year and the annual retreat (at Guerneville again), and we got a lot of that "detritus" (see previous newsletter) taken care of. From here it's just "finalizing" (I HOPE). See the "Upcoming Events" column elsewhere in this issue.

Another item of discussion at the board meeting was the creation of a new banner for the club. For those who have not seen the current banner, we must apologize: it seems to have been "absconded with" at the Sequoia Ocean Waves Hoedown in Eureka last month. We have no idea where it went (but we don't blame anyone, Mary

Jo) and have not heard a word about it. Anyway, the idea for the banner is essentially the same as the club badges, incorporating, but not limited to, the club colors.

We'd like it to be eye-catching, impressive, and generally fabulously gorgeous (like we'd like to be ourselves). So put on your decorator caps (and/or gowns) and think about it. We are planning to run a contest for this, so keep your eye out for further details.

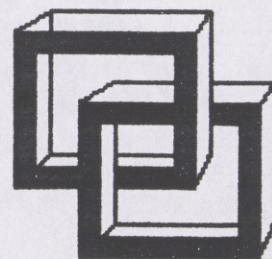
Remember, you are welcome to attend any and all board meetings — we appreciate your input.

**DUES ARE DUE.** The newsletter is in need of your contributions. **CONTRIBUTE.**

One final, sober, item: it was with great sadness that I heard that Joel Dawes (Joleen) passed away two weeks ago at his home. He is survived by his lover, Roy. The two of them have long been pillars for our group, as well as the community at large. Joel, I shall miss you, but the legacy will live with your memory. Thanks for what you did for us, and for what you have left us. We shan't forget.

See ya Dancin'

—George





## News Tidbits

### Ransom the Banner!

Last month at the Sequoia Ocean Waves Hoedown in Eureka, California, a dastardly act was committed. The Capital City Squares Banner, which Mary Jo carefully carried to Eureka and lovingly displayed at the Hoedown, was cruelly and heinously absconded with by some miscreant from a sister square dance club. Fie! Fie on you, whoever you are! May your crinolines droop and your boots be covered with shit! We at Capital City Squares are patiently waiting to hear from you with your cretinous ransom demands.

### Design a New Banner Contest

In view of the above, and in view of the fact that the banner is a bit worn and faded (it seemed to fade into the wall at the New York Convention), the Board of the Capital City Squares is inaugurating a Design a New Banner Contest. We need a banner that is bigger and more striking than the one we have (haven't) now. We encourage the more artistic of you to submit a new banner design to the Board by December 1, 1989. We will then announce the winner at the New Members Potluck and Hoedown on December 9. We will then have the banner made up and put on glorious display at the IAGSDC Convention in Vancouver, B.C. in April 1990. Prizes for the winning design have not been determined yet. Would a free evening with the board mem-

ber of your choice be a good prize? Probably not!

### Wednesday Fun Nights

Robin Alpenglow will start conducting our CCS Wednesday Fun Nights on October 4 at the William Land School from 7-10 pm. These Fun Nights will be held every other week. This activity will be a good opportunity for new dancers to practice the steps they have learned and for more experienced club members to meet the new class. Soft drinks and water will be available. So come on out and have some fun!

### Prime 8's to Start New A-1 Class

Our more advanced (pun intended) sister club, Prime 8's, invites qualified Capital City Squares club members to join the new A-1

class starting Monday, October 9, from 6:30 to 8:30 pm at the William Land School, 12th & V Streets. Club dues are \$5 a month or \$45 a year. A-1 class members should be proficient at the Plus level of dancing. Class will be conducted by Greg Loe.

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We regret to inform you that Joel Dawes, a past president of Capital City Squares, has died. Our condolences go to all his friends and relatives, but especially to his long time companion, Roy Frisch. May our love and that of the gay square dance community comfort you, Roy, at this very difficult time.

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### Upcoming Events

Western Star Dancers Camp Cazadero	October 20-22
CCS November Potluck	November 18
CCS New Members Potluck & Hoedown	December 9
CCS Workshops & Hoedown	February 10
IAGSDC Convention in Vancouver, B.C.	April 12-15
CCS Russian River Retreat	April 27-29
CCS Graduation Workshops & Hoedown	June 9



## September Board Meeting

September 9, 1989

The meeting was held at Bill and Michael's lovely home. Those in attendance were Bill, Michael, Mary Jo, Cindy, Karl, Rick, and George. The meeting began at 6:30 pm.

Mary Jo reported that the club has \$1,386.20, balanced to the last bank statement. She will be presenting Prime 8's with a bill of \$130.47 for the Workshops/hoedowns last spring.

We discussed plans for this year's events. The annual retreat was tentatively scheduled for the last weekend in April. George will contact Fife's about the date. We then talked about Harlan Kerr's offer from last spring to teach once a month. Karl will contact Harlan about this, and about calling for us in April at the retreat. Moving right along, we chatted about having a hoedown in late Jan. or early Feb. We would like to have one in early Nov. that would be geared to the level of our new beginner's class with Mainstream/Plus tips.

The board was then informed that Kris would like someone to seriously think about assuming the teaching of the Plus class next year. Any suggestions?

We then discussed the replacement of the sound system. Karl will investigate the costs and report back to the board later. We agreed to having weekly 50/50 raffles to raise money for this purchase.

The board voted to send the club

historians a free copy of the newsletter each month for the archives. The historians would also appreciate copies of any pictures taken at any and all club functions for use in the history books.

We talked about the problems of the local gay TV program filming the club at our New Members Hoedown. It was agreed to sent them a letter expressing our concerns. Mary Jo volunteered to tackle this chore.

Bill reported that we had 28 new dancers on our first night back in the school. This is our biggest class! Club members should introduce themselves to the new dancers. Bill is also getting weekly reminder cards made so that we continue to keep up the "personal touch" with all dancers. Bill and Mary Jo will continue to make phone calls until the cards are ready.

Michael and Bill reported that our club banner seemed to be rather dull when compared/hung next to the other banners at the NY convention. Michael suggested that the club have a contest to redesign the banner. The board agreed to the idea but did not set any guidelines.

We then went on to the "potluck" schedule. Don Unruh offered to host the first one. George will set the date with Don. Maybe Sept. 30 or Oct 7th? We will ask Robin and Fay to host one Dec. 9th. If you would like to host a potluck, please let the board know! We also want to celebrate birthdays once a month on club night.

The board will do all it can to encourage members to attend the convention and hoedowns. We

talked about possibly offering monetary assistance for club members who want to attend the convention and our retreat. We need ideas for raising money and for how the money would be dispersed.

We would like our dancers to think about doing exhibition squares at the Freedom Faire (2nd week in June) and the Rainbow Festival (Labor Day weekend). We need someone to organize the squares and choose the music. Any volunteers?

Our Wednesday Fun Dancing at Joseph's will be starting soon. George will beg Robin to continue this job.

Lastly, we talked about the possibility of Prime 8's starting a new A-1 class mid-to-late Oct. The class will be Mondays at Wm Land School, 7-9 pm. They are trying to finish up with their A-2 lessons first.

The meeting was adjourned at 9:20 pm. Date, location, and time of the next board meeting will be announced.

Respectfully submitted,

—Cindy

Because of last month's earlier than usual issue, both September's and October's Board Meeting minutes are in this issue.





## October Board Meeting

September 27, 1989

This board meeting was held at Kris and Cindy's place. Those in attendance were Bill, George, Karl, Robin, Mary Jo, Kris, and Cindy. It was called to order at 6:50 pm.

Bill reported that we have 42 new dancers! We hope they all stay and enjoy learning to "square 'em up!"

Our "C.E.O.," alias George, has been in touch with Fife's about our retreat in April. They aren't setting their calendar just yet. We then thought about asking them for the Woods instead. It has more dancing space. George will continue to be in charge of these arrangements. Harlan Kerr is looking forward to calling for us at the retreat.

We then went on to discuss the rest of our year's happenings. We will have a New Dancers Hoedown on Dec. 9th. This will be a potluck (5:30-6:30 pm) with a dance from 7-10 pm. Advance tickets will be \$4.00. Tickets bought at the door will be \$5.00. This event will be geared to the level of our new dancers with Mainstream/Plus tips thrown in. Karl will arrange for a caller. George will find us a place (probably the school).

We are also planning another all day event for Feb. 10th. This will be done in cooperation with Prime 8's. It will be workshops for the different levels with an evening dance. Time, prices, place, and caller will be announced later.

Our last "plan ahead" event will be a "Graduation Dance" on June

9th. It will feature an afternoon Advance dance with a Mainstream/Plus dance that night. More information will be provided as the year progresses.

Robin is eager to start the Wed. Fun Night dances. The first one will be at Joseph's on Oct. 4th, 7-9 pm. We will try to arrange to use the school instead, as we now have so many dancers!

The board also revised the potluck date for Oct. We will ask Don U. if he can host one on Oct. 21st. The Nov. potluck will, we hope, be held at Robin and Fay's home on Nov. 18th.

Karl reported that the cost of a new sound system is approximately \$1500. He is still checking into the costs of a used one.

Mary Jo will purchase more Basic/Mainstream and Plus booklets.

With no other business to discuss, the meeting was adjourned at 8:20 pm.

Respectfully submitted,

—Cindy



### Staff Capital City Capers The News Organ of the Capital City Squares

Editor, Bill McCrory

The views expressed in this Newsletter are not necessarily the views of the CCS board

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Club History



## Dance for Your Fitness

If you're looking for a fun way to exercise, consider an activity that is good for your heart, good for your soul, and good for your social life: dancing!

Since the current fitness craze began in the 1970s, millions of joggers, swimmers, cyclists, rowers, and weight lifters have huffed and puffed, moaned and groaned — and injured themselves — all in the name of health and fitness. But good health can be achieved with less effort and more fun.

For example, instead of forcing yourself to run five times a week for 30 minutes, try gentler forms of exercise, such as walking, golfing, gardening, and dancing. These pleasurable activities provide nearly the same health benefits as more strenuous, cardiovascular workouts without the related injuries. Thus, you get the "gain" without the "pain."

According to a new book, *Healthy Pleasures*, by Robert Ornstein, Ph.D., and David Sobel, M.D. (Addison-Wesley Publishing Company, 1989), "Human beings did not evolve to run 26 miles at a time, but to walk; we didn't evolve to bench-press 200 pounds, but to carry 20 or 30 pounds long distances. So ease off: you don't need pain to achieve health.... You really don't have to kill yourself to save your life."

What exercise could be less painful than dancing? While gliding gracefully across the dance floor during a waltz or boogying to a swing tune, you're working your muscles and raising your heart rate. Dancing develops the muscles in your back, legs, and arms.

And your waist, thighs, and buttocks will profit, too. In fact, a night of vigorous dancing can burn about as many calories as a five-mile jog or a swim.

Dancing also relieves stress and improves your frame of mind. The same chemicals in the brain responsible for a "runner's high" cause dancers to feel a sense of elation during an energetic dance session.

The "pleasure principle" is a strong motivator. If you have a hard time getting excited about structured exercise programs but like to dance, then dance. A long-term program of gentle exercise is more beneficial than a short-

term program of strenuous exercise, especially if you quit out of boredom or because of injuries.

"A lot of people start to dance because it's fun," says Didi von Deck, a professional ballroom dancer and dance instructor. "Then, when they dance, they get into better shape. They feel better about themselves and their bodies. And dancing is social; it's like exercising with someone else."

—Lisa Poniatowski in the Autumn 1989 issue of *Health Journal*, the magazine of Foundation Health. The article was accompanied by a photograph of Square Dancers!





# October 1989

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p>MS Live Oak School SF</p> <p style="text-align: center;"><b>1</b></p>	<p>Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF</p> <p style="text-align: center;"><b>2</b></p>	<p>CCS Class Night 7-10 Wm Land School</p> <p>FCD Class Night 7:00-9:00 Live Oak School SF</p> <p style="text-align: center;"><b>3</b></p>	<p>CCS Fun Dancing 7-9 Wm Land School</p> <p>ECR 7:30-9:30 St. Andrews Church Palo Alto</p> <p style="text-align: center;"><b>4</b></p>	<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p style="text-align: center;"><b>5</b></p>		
<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p>WSD-Dave Towry 6-9 St Paulus Church Gough &amp; Eddy SF \$6</p> <p style="text-align: center;"><b>8</b></p>	<p>Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF</p> <p style="text-align: center;"><b>9</b></p>	<p>CCS Class Night 7-10 Wm Land School</p> <p>FCD Class Night 7:00-9:00 Live Oak School SF</p> <p style="text-align: center;"><b>10</b></p>	<p>ECR 7:30-9:30 St. Andrews Church Palo Alto</p> <p style="text-align: center;"><b>11</b></p>	<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p style="text-align: center;"><b>12</b></p>	<p>Albuquerque Balloon Fiesta</p> <p style="text-align: center;"><b>13</b></p>	<p>Albuquerque Balloon Fiesta</p> <p style="text-align: center;"><b>14</b></p>
<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p>MS Live Oak School SF</p> <p>Albuquerque Balloon Fiesta</p> <p style="text-align: center;"><b>15</b></p>	<p>Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF</p> <p style="text-align: center;"><b>16</b></p>	<p>CCS Class Night 7-10 Wm Land School</p> <p>FCD Class Night 7:00-9:00 Live Oak School SF</p> <p style="text-align: center;"><b>17</b></p>	<p>CCS Fun Dancing 7-10 Wm Land School</p> <p>ECR 7:30-9:30 St. Andrews Church Palo Alto</p> <p style="text-align: center;"><b>18</b></p>	<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p style="text-align: center;"><b>19</b></p>	<p>WSD Camp Cazadero Retreat</p> <p style="text-align: center;"><b>20</b></p>	<p>WSD Camp Cazadero Retreat</p> <p style="text-align: center;"><b>21</b></p>
<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p>MS Live Oak School SF</p> <p>WSD Camp Cazadero Retreat</p> <p style="text-align: center;"><b>22</b></p>	<p>Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF</p> <p style="text-align: center;"><b>23</b></p>	<p>CCS Class Night 7-10 Wm Land School</p> <p>FCD Class Night 7:00-9:00 Live Oak School SF</p> <p style="text-align: center;"><b>24</b></p>	<p>ECR 7:30-9:30 St. Andrews Church Palo Alto</p> <p style="text-align: center;"><b>25</b></p>	<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p style="text-align: center;"><b>26</b></p>	<p>Times Squares Fall Fly-In</p> <p style="text-align: center;"><b>27</b></p>	<p>Times Squares Fall Fly-In</p> <p style="text-align: center;"><b>28</b></p>
<p>FCD Club Night 7:00-9:00 The Corral SF</p> <p>MS Live Oak School SF</p> <p>Times Squares Fall Fly-In</p> <p style="text-align: center;"><b>29</b></p>	<p>Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF</p> <p style="text-align: center;"><b>30</b></p>	<p>CCS Class Night 7-10 Wm Land School</p> <p>FCD Class Night 7:00-9:00 Live Oak School SF</p> <p style="text-align: center;"><b>31</b></p>				



